

WESTPORT CENTER FOR SENIOR ACTIVITIES

UPCOMING PROGRAMS, December 1 – 29, 2021



WESTPORT™



Please note: The WCSA will be closed on Thursday, December 23 and Friday, December 24 in observance of Christmas. The WCSA will also be closed on Thursday, December 30 and Friday, December 31 for New Year's.

Registration for Winter Classes begins Monday, December 6 for Westport Residents

Registration for Winter classes (January - March) begins Monday, December 6 for Westport residents. Out-of-town registration begins Monday, December 13. The winter calendar is available on our [website](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Registration is available online at MyActiveCenter.com, by phone, 203-341-5099, Monday through Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration and check. Please note: A \$10.00 late fee will be added for anyone registering after December 29 for any class that runs more than six weeks in length. A 2021 Fitness Waiver is required for any exercise class and can be found on our [website](http://www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

December 7: Medicare Part D Open Enrollment Deadline

Open enrollment for Medicare Part D will end on December 7. CHOICES certified counselors will be available to help you review your current coverage and to see if you are in the plan that best fits your needs in 2022. Please have your Medicare Card, your Medicare.gov account ID and password, your current Part D plan card and a list of all current prescriptions, including quantity and dosage information. For more information, visit the Medicare.gov website at <https://www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan>. **Please call 203-341-5099 to schedule a virtual or in-house appointment.**



Wednesday, December 1 and 15: SWCAA Caregiver Support

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A. will lead the group twice a month on Zoom. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. This group meets the first and third Wednesday of the month. **To register, please contact Holly Betts, Program Manager at 203-341-5096 or by email: hbetts@westportct.gov.**

Time: 10:00 to 11:00 AM. Donations accepted.



Wednesday, December 1: Hanukkah Luncheon

Celebrate the Festival of Lights at the WCSA and enjoy our holiday lunch which includes matzo ball soup, beef brisket, roasted carrots, potato pancakes and noodle kugel for dessert. **First Seating: 11:30 AM to 12:30 PM. Second Seating 1:00 to 2:00 PM. Please select the time you desire when registering. Each time slot will be capped at 40 people. Please pre-register no later than Monday, November 29! Pre-register online at MyActiveCenter.com or call the WCSA at 203-341-5099. Suggested donation of \$5.00 to \$7.00.**

Wednesday, December 1: Letting Go of Stress with Deirdre Ekholdt, LCSW

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation. **Pre-register online at MyActiveCenter.com.**



Time: 1:30 to 2:30 PM.



Wednesday Documentaries are Back In-House!

Every **Wednesday at 2:30 PM** the WCSA will be showing documentaries on our big screen. A list of titles can be found on the flyer rack at the WCSA or our weekly email newsletter.

Thursday, December 2 and 16: Just for Women

This group will be an open forum for discussion **via Zoom** with Channe Fodeman, LCSW. Personal stories will remain strictly confidential. Channe specializes in clinical social work in Fairfield County and has over 46 years of experience in the field. **This program meets the first and third Thursday of the month from 3:00 to 4:30 PM. Pre-register online at MyActiveCenter.com. Limit: 15.**

Thursday BINGO!

Join volunteer Doug Brill for in-house BINGO **every Thursday from 1:15 to 2:00 PM.** Cost is \$.05 cents per card per game. Remember to bring your own nickels! **Pre-register online at MyActiveCenter.com.**



Friday, December 3: Writing Snippets & Snapshots – One Day Writing Workshop

“The fabric of our lives” may be a cliché tag line from the cotton industry, but it rings true. Life is made up of threads woven together - snapshot moments that go together to make up the bigger picture of who we are. In this class, we examine those moments through writing. We will discuss how and why to write about our lives, moment by moment, and then do it! Instructor: Westport’s Poet Laureate Diane Lowman. **This is a full-day workshop from 10:30 AM to 3:00 PM, with a break from Noon to 1:00 PM. Pre-register online at MyActiveCenter.com. Limit: 12. Cost: \$8.00**

Friday Tech Club

Confused about your tech device? Our team of tech volunteers will assist with your computer tech questions such as signing in, password re-set and downloading and uploading files. Volunteers are available for **half-hour appointments every Friday from 3:15 to 4:15 PM. Please call the WCSA at 203-341-5099 to schedule an appointment.**



Monday, December 6 and 13: Royal History Lecture with Dr. Mona Garcia

Romanov Sisters-in-Law

Please join us for a two-part presentation on two royal women. Princess Dagmar of Denmark married the heir to the Russian throne and during that time became Empress Marie Feodorovna. Grand Duchess Olga of Russia married King George I of Greece, the brother of Princess Dagmar, and became Queen Olga of Greece. Grand Duchess Olga was the grandmother of Prince Phillip, the Duke of Edinburgh. One woman was a Romanov by marriage, the other woman was a Romanov by birth. Dr. Garcia taught European history at the college level and was on staff at the Fairfield Public Library.



Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com). Time: 1:30 to 2:30 PM.



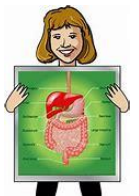
Tuesday, December 14: Ask the Nurse & Blood Pressure Screening

A registered nurse from Visiting Nurse & Hospice of Fairfield County will be at the WCSA for free blood pressure, depression screenings, medication management and any other questions you may have.

Time: 9:30 to 11:30 AM. Please call the WCSA at 203-341-5099 to make an appointment.

Tuesday, December 7: Nutrition Information Booth – Gastrointestinal Health

Our Nutrition Coordinator, Paulina Przybysz, will be in the lobby with information on gastrointestinal health. The quality and quantity of food you consume is fundamental to your health and wellness. Paulina will have information about prebiotics, probiotics and digestive health tips.



Time: 10:15 to 11:45 AM.



Wednesday, December 8: Hearing Screenings with Lisa Ogilvy

AA Hearing Aid Center are here to provide free hearing screenings and hearing aid care once a month at the WCSA. Lisa Ogilvy is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon. To make an appointment for any of these services, please call the**

WCSA at 203-341-5099.



Wednesday, December 8: “Shelf Awareness” Book Club

"Nomadland: Surviving America in the Twenty-First Century" is a 2017 non-fiction book by American journalist Jessica Bruder about the phenomenon of older Americans who, following the Great Recession, adopted transient lifestyles travelling around the United States in search of

seasonal work. Books and Kindle versions are available at local libraries, as well as, online or at local bookstores. **Pre-register online at MyActiveCenter.com. Time: 2:00 to 3:00 PM. Limit: 12.**



Wednesday, December 8: Decorative Arts Lecture with Christine Hauck

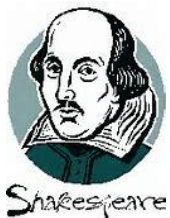
Frederic Sackrider Remington, known simply as “Remington,” was a prolific painter, illustrator, sculptor, and writer. “Remington” is synonymous with the American Old West and his works are iconic. He specialized in depictions of cowboys, American Indians, and the US Cavalry during the last quarter of the 19th century in the Western United States. Loved and collected the world over, Remington’s sculptures are especially sought after by collectors, now unattainable. In my lecture, I’ll tell you why his work is coveted as well as trace his source of inspiration and creative thinking in his work.



Pre-register online at MyActiveCenter.com. Time: 10:30 to 11:30 AM.

Friday, December 10: Make Your Own Boxwood Wreath or Tree

Florist Patty Angione will be here to help you make your own boxwood wreath or tree. Patty started working with flowers when she was 16 years old, sweeping the floor at a local flower shop and observing. When given the opportunity at the height of a holiday, she picked up a pair of scissors and began designing. Her work was so impressive that she immediately gained recognition and began working on a regular basis for family and friends. After landing a huge job for a well-known investment firm in New York, her business took off and the rest was history. In her downtime, Patty enjoys gardening and works as a private gardener for the Gardening Gals in Wilton, CT. **Supplies needed for the wreath:** a roll of wire and wire cutters, decorations you wish to use such as ribbons, bulbs & pinecones. **Supplies needed for the boxwood tree:** 6-8 inch bowl with NO drainage hole, decorations you wish to use such as ribbons, bulbs & pine cones. Please bring your own pruners. Oasis and greens will be provided. When registering, please indicate if you would like to make a wreath or tree. **Registration deadline for this class is Friday, Dec. 3 at Noon.** **Pre-register online at MyActiveCenter.com. Time: 1:00 to 3:00 PM. Cost: \$15.00**



Monday, December 13: Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Macbeth*. Shakespeare Scholar (and Westport’s Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. **Participants are asked to bring a copy of the play with them to class.** *Please note: This is not a lecture series; participants should have at least some familiarity with each play.* **Pre-register online at MyActiveCenter.com. Time: 10:30 AM to Noon. Cost: \$4.00. Limit: 12.**

Tuesday, December 14: Early Onset Alzheimer's Support Group

The purpose of early-stage support groups is to provide a safe and supportive environment of peers who are living in the early stages of Alzheimer's disease or related dementia and their care partners. These groups offer dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is for: people living with Alzheimer's disease or other dementia and are in the early stage of the disease. "Early stage" refers to people of any age with Alzheimer's disease or other dementia, who are in the beginning stage of the disease. In the early stage of Alzheimer's, most people function independently with limited support from a care partner. This group meets the second Tuesday of the month. **To register, please contact Heather Gately, Home Instead Senior Care at 203-833-9924.**

Tuesday, December 14: Food Demo – Holiday Cookies!

Registered Dietitian, Holly Betts and Nutrition Coordinator Paulina Przybysz will be demonstrating two "slice and bake" holiday cookies – **shortbread** and **chocolate almond cookies**. The cookie dough can be made in advance and frozen until you are ready to bake. Recipes will be provided in advance. Come enjoy this food demo and get into the holiday spirit! **Pre-register online at MyActiveCenter.com. Time: 2:30 to 4:00 PM.**



Wednesday, December 22: Christmas Luncheon and Entertainment

Celebrate Christmas at the WCSA and enjoy our holiday lunch which includes Butternut Squash Soup, Stuffed Filet of Sole, Sweet Potatoes, Asparagus and Christmas Cookies. **The WCSA will offer two seatings: 11:30 AM to 12:30 PM and 1:00 to 2:00 PM. Pre-register online at MyActiveCenter.com or call the WCSA at 203-341-5099. Please request the time you desire when registering.** Space is limited – so please register early and reserve your spot! Suggested donation of \$5.00 - \$7.00.

WCSA Phone Directory

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| • <u>Main Number with Voicemail</u> | 203-341-5099 |
| • <u>Susan Pfister, MSW, Director</u> | 203-341-5098 |
| • <u>Holly Betts, RD, Program Manager</u> | 203-341-5096 |
| • <u>Jason Wilson, Assistant Program Manager</u> | 203-341-1066 |
| • <u>Paulina Przybysz, Nutrition Program and Hello Neighbor Coordinator</u> | 203-341-5097 |
| • <u>Denise Puskas, Administrative Assistant</u> | 203-341-5095 |
| • <u>Felicia Smith, Administrative Assistant</u> | 203-341-5099 |